

# Mental and Emotional Health

## Talking Skills

- Talking to Adults about Health Concerns
- Talking to Friends about Health Concerns

# Talking To Adults about Health Concerns

- Talking to parents about health concerns
- Talking to your doctor about health concerns
- Talking to the school nurse
- Who you can talk to in the community

# Talking to Parents and other Adults

- How to say what's wrong
- Writing it down
- It's embarrassing.....

# TALKING TO FRIENDS

- Friends with health problems
- Being a good listener
- Talking about health issues
- Sharing your health concerns/problems with friends
- Know when to help your friends, get professional help or tell an adult